

Colonial Heights Senior Activities Center

157 Roanoke Ave


Senior Center 520-9220

Transportation 520-9219

August 2016 Ongoing Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	8:30 Muscles in Motion 9:30 Tai Chi 9:30 Bowling 10:00 Strength & Stretch 11:00 BUNCO 2:00 Computer Help (sign up)	8:30 Golf 9:00 Yoga 9:15 Intermediate/ Advance Tap 10:00 & 11:00 Sit & Let's Get Fit 12:00 Lunch 1:00 Water Ex. at SYC (\$) 1:00 Bingo	8:30 Muscles in Motion 10:00 Strength & Stretch 10:00 Knitwits 11:00 Line Dancing 12:30 Bridge	9:00 Yoga 9:30 Sing A Long 10:00 & 11:00 Sit & Let's Get Fit 1:15 Senior Citizens Club 2:00 Watercolor Class (\$)	8:30 Muscles in Motion 10:00 Strength & Stretch 1:00 & 2:00pm Computer Help (sign up)	

August 2016 Special Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30-12 Take Your Health to Management School (registration is required) 1:30 Bridge 101	2 5:00-8:00 Farmer's Market at Dunlop House 3:00-6:00 Open Sewing	3	4 12:45-1:15 BP screening by Care Advantage 1:15 Senior Club speaker Sheriff Wilson 1:00 Cornhole Tournament w/HS students	5 2:00 Grand High Tea (sign up) 5:30-9:00p Colorful Creations Open Paint	6
7	8 9:30-12 Take Your Health to Management School (registration is required) 12:30 Brown Bag Pharmacy 1:30 Bridge 101	9 3:00-6:00 Open Sewing	10 12:00 Lunch Bunch (RSVP)	11 1:00 Golfers Board Meeting 1:15 Regular meeting, celebrating August birthdays, and bingo	12 5:30-9:00p Colorful Creations Open Paint 7:00p Senior Dance	13 1:00 Coupon Class (\$)
14	15 9:30-12 Take Your Health to Management School (registration is required) 1:30 Bridge 101	16 9:30- 10:00am BP screening by Care Advantage 3:00-6:00 Open Sewing	17	18 1:00 TRIAD: Crater District Area Agency on Aging 2:00-6:00 Blood Mobile	19 11:00 Wine Cork Class (sign up) \$ 5:30-9:00p Colorful Creations Open Paint	20
21	22 9:30-12 Take Your Health to Management School (registration is required) 1:30 Bridge 101	23 3:00-6:00 Open Sewing	24 10:00 Riverside Trip: Oklahoma	25 11:30 Senior Club luncheon at Golden Corral No Zumba Gold	26 5:30-9:00p Colorful Creations Open Paint	27
28	29 9:30-12 Take Your Health to Management School (registration is required) 1:30 Bridge 101	30 3:00-8:00 Quilts for Vets!	31	Coming in September: Sept 1 Rappahannock Cruise Sept 5 Labor Day closed Sept 7 Saude Creek Winery Trip Sept 9 "After the Hospital, then Where?" Lunch & Learn Sept 12 Pickleball at MPBC 1:30pm Sept 14 Lunch Bunch Sept 15 Rite Aid Flu & Pneumonia Shots 11-2 Sept 16 Tangier Island Trip Sept 19 & Sept 26 Paint by Number		
31				Sept 21 Richmond Canal Sept 23 Lunch & Learn Sept 27 Safari Zoo		